

Continued Prosperity for 1913--50,000 Population for 1920

Ogden is a growing city, is proud of many industries, and offers large inducements to the Homeseeker and Investor—Boost for Ogden, it means permanent prosperity.

Where People Are Being Cured of all Afflictions

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FLAVORING
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THAT IS BEST BY
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Trade Mark
Made by the
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IT'S HERE

BY FROST—NOR FIRE—NOR EVEN
TIME ARE WELL BURNED CLAYS
DESTROYED

When you plan that new home or business block, bear in mind that the only part of the Sanitarium that was left after the fire was the brick walls.

Remember, Mr. Booster, that for every extra 100,000 brick that are manufactured in Ogden you add one more family to our population.

Also that the only home industry in the building material line in Ogden is the

Leek Brick Company

One of our customers, speaking of
"OPTIMO"
FLOUR

says "You can't beat it; send me some more, same as the last."

If YOU aren't using this flour, you're missing something mighty good.

At your Grocers.

UTAH-NA
CHOCOLATES

Will Win
the Girl

Take a box along
tonight.

Shupe-Williams
Candy Co.

Ogden, Utah

SANITARIUM OF V. S. RAYMOND AT 366 THIRTY-SECOND STREET, IS OFFERING RELIEF TO SUFFERERS AND WORKING REMARKABLE CURES—BATHS, MASSAGE, ELECTRIC TREATMENTS, DIETING, BREATHING ARE EMPLOYED—FASTING AIDS IN RESTORING HEALTH — MANY RECEIVE BENEFITS AND PRAISE THE SANITARIUM

Out on Thirty-second street—No. 366 to be more explicit—resides a young man who is attracting much attention at the present time because of the stories he relates of his wonderful achievements in curing ailments. He has built him a neat cottage and has turned a great portion of it into a modern sanitarium, where ailments are treated by nature's methods. Thither go a number of people daily who have decided to try the new method, because all others have failed, or they go because they know of friends or relatives who were cured. As new cures are effected the cured patients tell others, and the number frequenting the cottage grows larger and larger, until it is evident that larger quarters must soon be secured.

The young man is V. S. Raymond, doctor of naturopathy. The title sounds formidable, but it does not frighten one when it is considered that the owner of the title has completed a prescribed course in an institution where the students are taught to aid nature in restoring people to health by means of natural methods, and has also followed up his school work with practical work in sanitariums that are celebrated throughout the country and frequented from all parts of the United States.

Raymond believes, as do thousands of others, physicians and surgeons included, that abnormal conditions of the system resulting in diseases can in most instances be brought back to normal by letting nature do her work. In some instances it is necessary to assist nature by methods that coincide with her own and in other cases—extreme cases—medicine is necessary and surgery. Raymond has studied methods of assisting nature, and that his methods are effectual is made evident by the number of cures that have resulted to patients who have been treated at his establishment.

In Raymond's nature-cure sanitarium all appliances necessary in his work are to be found. He has seven rooms fitted up for the convenience of his patients. There are massage rooms, turkish bath rooms, rooms for various baths, and a room for electric light baths. Believing that plunges are not sanitary, for the reason that each bather does not have fresh water, the director at the sanitarium uses only pure sanitary tubs for his patients. A compact boiler assures an unlimited supply of hot water at all times.

Among all enlightened nations water is recognized as a strong therapeutic factor, and Raymond himself is a strong believer in the power of water applied in various forms as a renewer and preserver of health. Therefore he has surrounded himself in his sanitarium with all the means of hydrotherapy and his years of experience in the famous water-cure sanitarium of New York are the service of his patients.

Dr. Raymond specializes in the following ailments: Rheumatism, gout, neuralgia, lumbago, appendicitis, gall stones, liver, kidney, bladder and stomach troubles. In fact he is prepared to treat almost any ailment. He does not accept cancer cases.

For different ailments different treatment is given. In most instances the patient is first given breathing exercises designed to strengthen the various internal organs and bring about a better condition there. Then massage treatment is given combined with baths of the sort that have proven effective in curing the illness of the patient. At the same time, the patient is told what to eat and how to live, so that upon leaving the institution, if the rules given are obeyed, there will be no necessity for a return.

Dr. Raymond calls his sanitarium a school as well as a sanitarium, for the reason that after taking treatment one is able to ward off ailments because of the knowledge of nature's laws gained.

Dr. Raymond is also an experienced faster, and in part many of his remarkable cures are brought about by scientific and conservative fasting. When asked if he did not find many of his patients afraid to fast, he said:

"If a patient is given medicine by an inexperienced man there is danger; so, too, there is danger when a radical faster attempts to direct fasting without proper knowledge. As for myself, I have had much experience and frequently fast. I am not an advocate of long fasts and believe that short fasts repeated bring better results. For that reason the fasts that I direct seldom exceed a week and are often shorter, sometimes lasting but a day."

If you are fat, Dr. Raymond will reduce you and show how you can live so as to remain at the desired weight. If you are abnormally thin the naturopathist will show you how to increase your weight. He emphasizes the fact, however, that when a patient is naturally thin he can do little, but if the patient is thin because of illness or any abnormal condition of the system, proper reconstructive measures will bring about the desired increase in weight.

Raymond is not radical by any means. While he maintains that he can treat appendicitis in such a manner that 98 per cent of his cases will not require an operation, he holds that in extreme cases surgical methods are necessary. Also, he does not condemn the medical or other professions having for their aims the relief of human suffering, but he does believe that nature should be aided by his methods before surgical or medical treatment is secured.

Although the creed he preaches of right living and right methods of curing diseases caused from incorrect living is unknown to many and sounds strange, there are plenty who believe with him and are taking treatment that he directs at his pleasant sanitarium in the pleasant part of the city.

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THE ECONOMY OF BRICK

No man builds without counting the cost. Beauty he may wish, but COST comes first with all, excepting a few multi-millionaires who use brick anyhow.

The popular impression that wood makes the cheapest house is an error.

The first cost does not effect certain principals that must be considered. These in brief are: A wooden walled house cannot be prevented from rapid deterioration with best care. A wooden house must also be constantly be repaired and repainted at great cost.

A lot of this expense for upkeep is eliminated in a brick house.

Figure it out—there's a difference—a difference that means dollars and cents to you.

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Offices: 2411 Washington Ave.

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Wm. Dunkerley, Manager of Cafe.

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Ogden Canyon